



**SENIOR PROGRAMS**  
CITY OF PHOENIX | HUMAN SERVICES

# Pecos Senior Center

## Your Best Years Start Here!

17010 S. 48th Street  
Phoenix, AZ 85048 602-534-5366  
[phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)



# Winter 2026

**Jan.**  
**Feb.**  
**March**

### Center Hours

**Operating hours:**

**Monday to Friday, 8 a.m. to 5 p.m.**

**Programming hours:**

**Monday to Friday, 9 a.m. to 4 p.m.**

## Membership

Phoenix residents annual membership fee is \$20, and \$40 for non-residents.

## Lunch

Lunch service is Monday through Friday starting at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance. Members 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.

## Transportation

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register, or for more information.

## Virtual

For virtual options, see staff or call 602-253-5366

## Caseworker

Caseworker assistance available upon request.

For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. The city's TTY Relay phone number, 602-534-5500 may be used, if needed.

## Memory Café Program

Memory Café is a welcoming place providing persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals to stimulate and support brain health. Memory Café includes care partners for a shared experience. Advance registration is required; there is no fee to attend. Please call 602-534-5750 or email [memory.cafe@phoenix.gov](mailto:memory.cafe@phoenix.gov)



## Upcoming Events



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

### **Do you have concerns about falling?**

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls**

### **You will learn to:**

- View falls as controllable set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Sign up see staff now  
limited seating

Fridays, Jan. 17 to March 7, 2025

# SPECIAL EVENTS

RESERVATIONS RECOMMENDED



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>New Year's Day CENTER CLOSED</b>	2 <b>10 a.m. Come start 2026 with us</b>
5 <b>10 a.m. Trivia 1 p.m. Zumba</b>	6	7 <b>12:30 p.m. Pecos Downs</b>	8 <b>11:15 a.m. Trip: Lunch Bunch Portillo's</b>	9 <b>10 a.m. PHX Art Museum Docent Talk</b>
12 <b>10 a.m. Memory Café</b>	13	14 <b>11 a.m. NAU/AmeriCorps 12:15 p.m. Book Club</b>	15 <b>2 p.m. Trip: Herberger Theater Calamari Sisters</b>	16 <b>10 a.m. Strawberry Ice Cream Day</b>
19 <b>Martin Luther King, Jr. Day CENTER CLOSED</b>	20	21 <b>12:15 p.m. Site Council Meeting</b>	22 <b>10 a.m. Trip: AZ Science Center</b>	23 <b>10 a.m. March of the Penguin</b>
26 <b>10 a.m. Loteria</b>	27	28 <b>12:30 p.m. Reel Time Movie: Blended</b>	29	30 <b>10 a.m. MLK Day Black History Month Unity</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>10 a.m. Trivia 11 a.m. Unity Chat</b>	3	4 <b>11:30 a.m. Trip: Barleens Lunch Show Rockin &amp; Rollin Through the Years</b>	5	6 <b>10 a.m. Jan./Feb./March Superbowl Birthday Party Quesadilla Sale</b>
9	10	11	12	13

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	16 Presidents' Day CENTER CLOSED	17 11 a.m. Unity Art Talk	18 12:15 p.m. Site Council Meeting	19 11:15 a.m. Trip: Lunch Bunch Cheddars	20 10 a.m. Chocolate Mint Day
	23 10 a.m. Good Eating	24 11 a.m. Unity Spotlight Leanna	25 12:30 p.m. Reel Time Movie: <i>The Last Breath</i>	26	27 10 a.m. National Fairytale Story Day
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 10 a.m. Trivia	3	4 12:30 p.m. Pecos Downs	5	6
	9 10 a.m. Memory Café	10	11 12:15 p.m. Book Club	12 noon Trip: Herberger Theater	13 10 a.m. PHX Art Museum
	16 9:30 a.m. Trivia 11:15 a.m. Trip: Lunch Bunch Mi Patio	17	18 12:15 p.m. Site Council Meeting	19	20 10 a.m. St. Patrick's Day
	23 10 a.m. Good Eating	24	25 12:30 p.m. Reel Time Movie: <i>Snow White</i>	26	27 10 a.m. National Waffle Day
	30 10 a.m. Ceasar Chavez Loteria	31 Ceasar Chavez Day CENTER CLOSED		All programs are subject to change or cancellation without notice.	



# ONGOING ACTIVITIES



## RESERVATIONS RECOMMENDED

<b>American Mah Jong</b>	12:30 p.m. every Thursday: <b>all levels</b> 9 a.m. every Friday: <b>advanced</b> 12:30 p.m. first Monday and third Tuesday of every month: <b>advanced</b>
<b>Ballet Yoga</b>	10:30 a.m. every Wednesday
<b>Blood Pressure Checks</b>	9 a.m. and 11 a.m. every Wednesday & Friday
<b>Bridge</b>	12:30 p.m. every Monday, <b>Bridge 101</b> 12:30 p.m. Wednesday and Friday
<b>Cards</b>	12:30 p.m. <b>Spades</b> second and fourth Friday of every month 12:30 p.m. <b>500 Bid</b> first and third Friday of every month 12:30 p.m. <b>Hand, Foot &amp; Toe</b> every Monday, Wednesday & Friday
<b>Creative Corner</b>	1 p.m. <b>Creative Corner</b> first & third Tuesday of every month 1 p.m. <b>Art with Christy: Jan. 13, Feb. 10, March 10</b> (SEE STAFF FOR ALL SIGN UP, limited space)
<b>Chair Exercises</b>	10:30 a.m. every Tuesday & 10 a.m. every Thursday
<b>Color and Conversation</b>	1 p.m. every Monday
<b>What's New? Discussion Group</b>	noon, Thursday: <b>Jan. 15, 29; Feb. 12, 26; March 12, 26</b>
<b>Fun Bingo</b>	10 a.m. every Wednesday 12:15 p.m. every Friday
<b>Games / Cards</b>	9 a.m. to 4 p.m. daily ( <i>time and space permitting</i> )
<b>Gentle Yoga</b>	10 a.m. every Tuesday & Thursday
<b>Line Dancing</b>	1 to 2 p.m. on Monday & Wednesday ( <i>all levels</i> ) 1 to 3 p.m. on Friday: 1 to 2 p.m. teach and learn; 2 to 3 p.m. dance
<b>Memory Monday Screening</b>	Second Monday of every month, 9 to 11 a.m. and 1 to 3 p.m.
<b>Pinochle</b>	9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every month
<b>Social Hour</b>	9 a.m. to 4 p.m. daily
<b>Tai Chi</b>	9 a.m. every Monday & Friday
<b>Walking</b>	9 a.m. every Tuesday & Thursday
<b>Wii Bowling</b>	12:30 p.m. every Monday & Tuesday

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*Revised 12/30/25*